

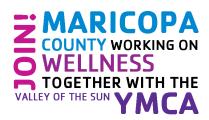


FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

USE YOUR YMCA BENEFIT, IN THE YMCA IN AUGUST Γ 1 MONTH FREE!

ONLY IN AUGUST, SIGN UP AT YOUR LOCAL YMCA, DO A SMART START & GET 1 MONTH MEMBERSHIP FREE!!

KICK-START School Year 2013!



Congratulations if you are reading this, you are already on your way to getting fit! The SMART START Healthy Living Program, only available at the YMCA, uses the latest exercise-motivation tools, techniques, and brand new GROUP fitness classes to KEEP you motivated! If you have started a program before, but just could not stick with it, stop beating yourself up you are not alone. Our new SMART **START Healthy Living Program** will keep you on course and get results. Live healthy, feel better and look great!







